



# Spring 2020 SOGO@HOME Adventure

## Week 21 - Info sheet for Parents

### U is for Under

This page contains the lesson plans and goals for “Week 21: U is for Under journal page. You will find the goals included in this page. If you have any questions please email us at [squirts@sogoadventurerunning.com](mailto:squirts@sogoadventurerunning.com)

## Unique Walk

Explore a new place on a family walk. This can be a new path in a park you visit a lot, a street in your neighbourhood that you usually walk past or a new path in a provincial or national park. Exploring new paths helps develop a sense of adventure in our young runners, as well as building on to our brains internal map (that creates a sense of direction). Make sure to point out landmarks that stand out and focus on landmarks that are unique to that area, such as a brightly painted house, a spooky tree, an animals home (like a bat cave) or a uniquely painted electrical box. Discuss what makes this item a landmark and why it is unique (you don't see a bright yellow house on every block). Look for landmarks or things that would be fun to run or crawl under, such as a fallen tree, a tunnel, a bridge, etc. If it is safe to do so, please enjoy running under anything you see.

Practice your early literacy skills by writing down where you went, what you saw and what you could run under. Do not worry if the spelling is wrong, focus on the sounds letters make and the shape of those letters. For our kindergarten friends, focus on making your all of your letters the same size. Remember to use your pincher grip!

## Under Agility Challenge

This activity is all about agility! We are using our gross motor skills to build a course by moving furniture or larger items like big stuffies, pillows or blankets. We use gross motor skills to crawl or snake through the course.

Children are encouraged to use their imaginations by creating their own agility course that focuses on crawling and slithering under items they have in their houses. This activity challenges our brains to design a course that focuses on going under items but also allows our bodies enough room to get through. Let your child(ren) experiment with the different obstacles they can use, perhaps some don't allow them to go under, and they need to go over or around, discuss their shapes and sizes (pre-k math skill).

Let's make a unique obstacle course at home. Find a table, a chair (or even a few chairs) and line them up. Focus on staying as close to the ground as you can. You can add other items into your agility course, such as some stuffies to run around or a hoop to jump through. Agility is important to all age groups. Practice gross motor skills of crawling, scooting and pulling with your arms.

Have your child(ren) work on cleaning up all the items in your obstacle course as soon as you are done running. This teaches communal equipment skills that will be needed in public spaces such as gyms and classrooms.

Here are some ideas.



## Under Agility Map Drawing

Using our fine motor skills, we are practicing using our pincher grip (holding the pencil properly). We are building the muscles in our hands that we use for holding things, tying our shoes, cutting with scissors and writing among other daily tasks. Draw a map of your agility course. This map will not be to scale, but make sure you include all of the items you put in your agility course, maybe there is an elephant stuffy to run around, or a blanket you put over the chairs to make a tunnel. Include these in your map. To make this map have more details please add colour, and labels (once again focusing on the letter sounds).

Discuss how the items in your agility course are landmarks, they stand out in your environment and they tell you where to go, and how to get around them.